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the amounts of chromic tripicolinate and biotin are selected together to provide a greater than additive effect.

13. The method of claim 12, wherein the individual is a human.

14. The method of claim 12, comprising administering between about 500 and 1,000 micrograms per day of chromium as synthetic chromic tripicolinate.

15. The method of claim 12, comprising administering between about 1 milligram and 100 milligrams biotin per day.

16. The method of claim 12, comprising administering about 600 micrograms of chromium as synthetic chromic tripicolinate and about 300 micrograms of biotin, wherein the amounts of chromic tripicolinate and biotin are selected together to provide a greater than additive effect.

17. The method of claim 12, comprising administering about 400 micrograms of chromium as synthetic chromic tripicolinate and about 200 micrograms of biotin, wherein the amounts of chromic tripicolinate and biotin are selected together to provide a greater than additive effect.

18. The method of claim 12, wherein said chromic tripicolinate is in a pharmaceutically acceptable carrier.

19. The method of claim 12, wherein said biotin is in a pharmaceutically acceptable carrier.

20. The method of claim 12, wherein said chromic tripicolinate is orally administered.

21. The method of claim 12, wherein said biotin is orally administered.

22. The method of claim 12, wherein said chromic tripicolinate is parenterally administered.

23. The method of claim 12, wherein said biotin is parenterally administered.

24. A pharmaceutical composition consisting essentially of chromium as synthetic chromic tripicolinate and biotin, wherein the ratio of chromium to biotin is between about 2:1 and 1:200 (w/w), wherein the amounts of chromic tripicolinate and biotin are selected together to provide a greater than additive effect.

25. A pharmaceutical composition comprising about 600 micrograms/day of chromium as synthetic chromic tripicolinate and about 300 micrograms/day of biotin, wherein the amounts of chromic tripicolinate and biotin are selected together to provide a greater than additive effect.